

Gator Gazette

AIR FORCE RESERVE COMMAND → 917th WING, BARKSDALE AFB, LA → OCTOBER 2002



47th Fighter Squadron -
A-10 is tested for JDAMs

917th Wing undergoes reorganization

Life in the Desert

93rd Bomb Squadron: Come home one year following 9/11

War on terrorism remains priority for reserve command

By Lt. Gen. James E. Sherrard III
commander of AFRC

WASHINGTON - The response by Air Force reservists to the war on terrorism has been spectacular. Across nearly every career field at locations around the world, reservists have demonstrated exceptional professionalism and devotion to duty.

Some are being asked to extend their mobilizations for as much as 12 additional months. For them and the rest of Air Force Reserve Command, the war on terrorism is our top priority and will remain so for the foreseeable future.

It is true the Air Force is in the process of returning the Air and Space Expeditionary Force to a more steady-state footing, and we are continuing to demobilize reservists where and when we can.

As we support Operation Noble Eagle and Enduring Freedom, our commitments to AEF aviation and support have increased to approximately three times that of pre-9/11. We expect that to continue to drop significantly but remain about 30 percent more than what we were doing before the terrorist attacks.

Unfortunately, not everything supporting the war can be accomplished with volunteers. The Air Force is extending for a second year more than 4,800 mobilized reservists so it can realign manpower for the war to a more predictable, steady-state process. As soon as possible, our people will be released from active duty.

Air Force Chief of Staff Gen. John

Jumper regularly thanks you - the men and women of the Air Force Reserve - for your commitment to the war on terrorism. He knows what you are doing for the country, the sacrifices you are making for the war, and how service affects you, your families and employers.

As reservists, we never get used to missing anniversaries, birthdays and other special occasions. We know what it is like to forfeit a family vacation, so we can serve our country. We know what service before self is all about.

It has been more than a year since the terrorists attacked the World Trade Center and the Pentagon, and killed thousands of innocent Americans in New York City, the Pentagon and Pennsylvania. We cannot and should not forget how different those events were compared to the attack on Pearl Harbor 60 years ago. The world is a different, profoundly crueler place when "soldiers" attack civilians instead of other soldiers.

As you go about your military duties, I ask that you keep the memory of 9/11 close to your heart. When a task seems too much, remember where we have been as a nation and why it is important to continue the fight. Ask yourself these questions: "If not I, then who?" "If not now, then when?"

Thank you so very much for what you do for our Air Force Reserve, our Air Force and our nation. God's Blessings to all and God Bless America. (AFRC News Service)

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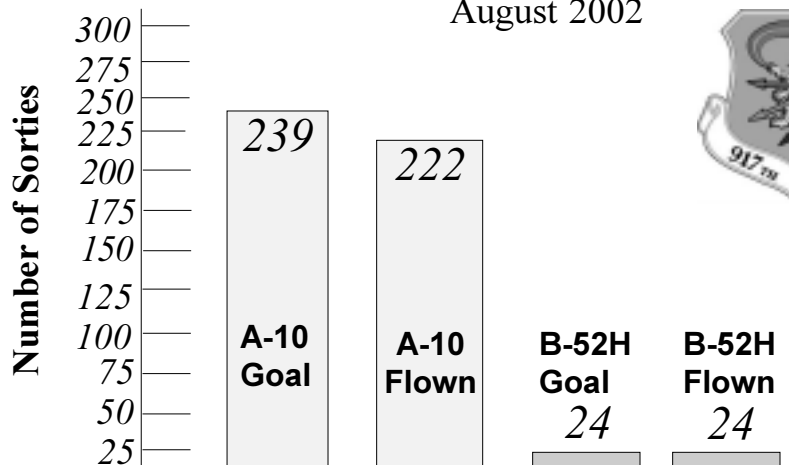
Fall backward...

Don't forget to set
your clocks back one hour
at 2 a.m. on Oct. 27.



917th Wing Sortie Scoreboard

August 2002



A-10 Mission Capable Rate 81.9%

B-52H Mission Capable Rate 80.6%

AFRC Goal 75%

AFRC Goal 65%

Gator Gazette

917th Wing

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Front Cover Photo: Lt. Col. Mike, 917th Operations Support Flight commander, is greeted by his two sons, in September, upon his return from a forward operating area.

A-10s get 'smart'

47 FS tests aircraft's capability to use precision-guided bombs

**Story by Staff Sgt. Sherri Savant
Wing Public Affairs**

The 47th Fighter Squadron participated in a test for future implementation of the Joint Direct Attack Munitions and the Wind Corrected Munitions Dispenser on the A-10 aircraft. Engineers from Lockheed-Martin performed the test to see what modifications were needed in order for the A-10 to be able to use these weapons.

The JDAM is a low-cost guidance kit that converts existing unguided free-fall bombs into accurately guided "smart" weapons. When dropped with enough altitude and airspeed, it guides itself to a pre-determined coordinate on the ground. It has decent standoff capability and the ability to be employed from high altitude or far away from the intended target.

JDAMs can be used against pre-planned targets of known locations, or a target location can be downloaded to the bomb during flight, allowing for flexible targeting during a mission. "Their use versus the air-to-ground missiles... would provide more precision bombing," Chief Master Sgt. Ben McBride, 47 FS weapons chief said. Currently, the accuracy of the bombs depends strictly on the pilot.

The WCMD turns existing general-purpose cluster munitions into inexpensive all-weather precision-guided weapons. By correcting for launch transients, ballistic errors and winds aloft, this weapon provides strike aircraft with a precision pattern lay-down capability from any altitude and in any weather condition.

"With the WCMD, we would be able to precisely drop bombs in inclement weather, something we are not able to do with the free-falling bombs we use now," said Senior



PHOTO BY STAFF SGT. SHANNON COLLINS

Tech Sgt. Vincent Allen and Senior Master Sgt. Bobby Kea, 47th Fighter Squadron weapons loaders, load a Joint Direct Attack Munition, or JDAM, onto an A-10, in August. The aircraft test with Lockheed Martin was to learn what modifications could be made to the A-10 to carry JDAMs and WCMDs.

Master Sgt. Bobby Kea, 47 FS armament systems mechanic.

Cost is another benefit involved in the use of both the JDAM and the WCMD, according to Kea. "We would have the ability to pinpoint bombing, which would enable us to use less bombs to accomplish the same effect," Kea said. "This would cut down substantially on the costs."

"There won't be any initial development costs either," Kea added. "The weapons are already being used on several other planes. It will just be a matter of making the modifications on the A-10 to make the weapons fit."

"The JDAM would be a welcomed addition to the A-10, especially for night operations when visual target acquisition is difficult, but will in no way substitute for the flexible moving target kill capability the A-10 already possesses with the 30 mm cannon and the AGM-65 Maverick missile," said Maj. Brady Glick, 47 FS weapons flight commander. "The JDAM is only as smart as the person entering the intended target coordinates."

McBride said once the decision is made to use JDAMs, the modifications will begin in approximately 2005.

In the news.....

Out with the old, in with the new

Effective Oct. 1, a new edition of the travel voucher, Department of Defense Form 1351-2, will be the only acceptable form for reimbursement. The new form can be found on the DoD forms Web site at <http://web1.whs.osd.mil/icdhome/FORMTAB.HTM>.

TSP offers more than before

The Thrift Savings Plan's new computerized record-keeping system, kicked off on Sept. 16, provides more control of accounts for investors and faster processing of transactions.

Some of the improvements include: (1) account values posted daily; (2) account balances reported in terms of number of shares and dollar value; (3) quarterly statements by mail (January, April, July and October); (4) loans, withdrawals and transfers between funds processed daily; (5) interfund transfers posted to accounts within two business days; (6) ability to increase or decrease the payment amount on TSP loans more than once; and (7) online application for loans and withdrawals.

Military and appropriated fund civilian employees can access the TSP Web site at <http://www.tsp.gov>. Select "civilian," or "uniformed services," click "TSP features," and click "TSP new record keeping system."

TSP open season is Oct. 15 - Dec. 31 and April 15 - June 30.

Inactive travel cards to be cancelled

All government travel card accounts not used in the last year will be closed with no exceptions on Oct. 3. Any travelers caught on temporary-duty assignments with a cancelled card will have transactions force authorized when a merchant phones in the charge. Call Billy Thorne at 456-9546 for more information.

Stay and play in the lap of luxury

The Barksdale Ticket and Travel Office is now offering golf and hotel packages to the Robert Trent Jones Golf Trail in Alabama. For those interested in a luxurious, pampered golf vacation, the Grand Hotel in Point Clear offers the finest in southern hospitality catering to your every need. Enjoy the European Spa, the Pool Complex with waterfalls, geysers, fountains and water slides, and a round of golf at the beautiful Lakewood at Point Clear.

Travel as a couple or with a group and enjoy up to a 40% discount. Visit the Barksdale Ticket and Travel Office today for more information on the "upscale trail" vacation. Office is located in the Arts & Crafts Building at 475 Icarus Road, telephone 456-1866.

Say 'thanks' to your employer

The nation is relying on its guard and reserve forces now more than ever, and civilian employers continue to bear hardships to support the military's cause.

Secretary Roche and Gen. Jumper want to thank employers personally by sending each of them a letter and an Air Force employer recognition lapel pin modeled after the "E" flags of World War II.

In order to facilitate this effort, unit members need to provide the name and address of their direct civilian supervisor and the name and address of the head of the company.

Members should submit the necessary information using this Web address: <http://www.yourguardiansoffreedom.com/thanks>. Deadline for submission is Oct. 21.

Homosexual Policy Briefing scheduled for new supervisors

Any new supervisors (those who write performance reports) who have not received the mandatory Air Force Homosexual Policy Briefing are required to attend the next session on Oct. 6, in the Wing auditorium at 2 p.m.

This training last approximately 20 minutes. For more information, contact Maj. Marshal Bennett at 456-8144.

Senior NCO Academy in-residence taking applications

The next SNCOA board convenes the end of January for the following 2003 class dates: March 13 - April 23, May 7 - June 18, and July 24 - Sept. 4.

Master Sgts. and above, interested in attending, can get their application package at the Wing Training office. Deadline for submission is Nov. 3. For more information, contact Tech. Sgt. Brett Holder at 456-7506.

Comm Flight looks to fill positions in ground radio

The 917th Communications Flight has two reservist positions open for ground radio communication apprentices, AFSC 2E1X3.

Anyone interested must have a minimum score of 67 in the electronics area on the Armed Forces Services Vocational Aptitude Battery and must be willing to attend the 34-week technical school at Keesler AFB, Miss.

For more information, contact Master Sgt. Skip Matthews at 456-9414.

Montgomery G.I. Bill — (Selected Reserve Increase - Chapter 1606)

Effective October 1, 2002, chapter Montgomery G. I. Bill, Chapter 1606 will increase 1.5%.

Below are the monthly rate increases:

TYPE OF TRAINING	FULL TIME	THREE-QUARTER TIME	HALF-TIME	LESS THAN HALF-TIME
Institutional	\$276.00	\$207.00	\$137.00	\$69.00
Cooperative	\$276.00 (Full Time Only)			
Correspondence: Entitlement Charged At The Rate Of One Month For Each \$276.00 Paid.				
Apprenticeship on-the-job training:	\$207.00	First 6 Months		
	\$151.80	Second 6 Months		
	\$096.60	Remainder of Program		

Announcing Airman and NCO of the third Quarter



McDonald

Taking Airman of the third quarter from the 917th Medical Squadron is Senior Airman **Jacob McDonald**. He is an Aeromedical Technician and lives in Arlington, Texas.

Tying for NCO of the third quarter is Tech. Sgts. **Nordyica Woodfork**, 917 MDS and **Vincent Macafore**, 917th Maintenance Squadron. Woodfork is a Medical Laboratory Assistant and lives in Shreveport and Macafore is a Nondistructive Inspection Worker who lives in Bossier City.



Woodfork



Macafore

Wing members attend Tuskegee Airman Convention



PHOTO BY STAFF SGT. SHANNON COLLINS

James Coleman, a retired Army radar technician who went through the Tuskegee Airman Experiment, signs a poster for Master Sgt. **Andres Gutierrez**, 47th Fighter Squadron, during the 31st annual Tuskegee Airman Convention Aug. 16 in Atlanta. Gutierrez is a member of the Tuskegee Airman Chapter in Macon, Ga.

The first Cheryl Denson Scholarship winners: Heather Pollard, attending Northwestern State University in La. and daughter of Tech. Sgt. Patricia Pollard, 917th Security Forces Squadron
Hannah Lee, attending William Penn University in Iowa and daughter of Tech. Sgt. Roy Walls, 917th Wing Safety

Reservists join 917th Wing

Ten new reservists joined the 917th Wing. They will attend the newcomers briefing and then join their respective squadrons.

47th Fighter Squadron

Maj. Bryan Boyles, Highlands Ranch, Co. Senior Airman Esteban Mejia, Jr., Bossier City, La.

917th Medical Squadron

Staff Sgt. Robert Bowen, Glendale, Az. Staff Sgt. Teresa Broxson, Paris, Texas Capt. Mark Cimino, Shreveport, La.

917th Maintenance Squadron

Airman 1st Class Randy Morrow, Mineola, Texas Senior Airman William Thomas, Converse, Texas Senior Airman Richard Rockett, Rayville, La.

917th Civil Engineer Squadron

Airman Glenys Lakatos, Barksdale AFB, La.

917th Logistics Support Squadron

Senior Airman Sterling Ward, Watauga, Texas

Wing members promoted in September

To Airman - Tammy Adams, 307th RED HORSE Squadron; Michael Burleson, 917th Security Forces Squadron; Laquita Young, 93rd Bomb Squadron.

To Airman First Class - Samuel Cole, IV, 917th Logistics Group; April Haymon, 917th Medical Squadron; Gabriel Sardinias, 93 BS; Sterling Smith, 917th Maintenance Squadron.

To Senior Airman - Bonnitha Anderson, 917 LG; Michael Henry, 917 SFS; Fallon Houston, 917 LG; Jacob McDonald, 917 MDS; Mark Mitchell, 917 LG; Sirconda Moore, 917 LG; James Richter, 917th Civil Engineer; Zachary Roberts, 917th Operations Group; Adam Setzler, 917 MDS; Patrick Smith, 93 BS; Troderick Trotter, 917 SFS; Travis Waters, 917th Mission Support Squadron; Shannon Wright, 917 MXS.

To Staff Sergeant - Anthony Faulcon, 917 LG; Richard Hunter, 917 MXS; Michael Manion, 917 SFS; Renee

Murphy, 917 OG; Sterling Ward, 917 LG.

To Technical Sergeant - Marcus Brooks, 307 RHS; Clifford Brown, 93 BS; Larry Bunn, 917 MXS; Richard Harris, 917 CE; Brett Holder, 917 MSS; Daniel Hubbard, 917 MSS; Darryl Kimble, 917 LG; Shannon Moen, 917 LG; David Page, 917 MXS; Dwayne Richards, 917 MSS; Horace Robinson, 917 MXS; Marcus Taite, 917 MXS.

To Master Sergeant - Richard Berry, 917 MXS; Lloyd Blackshire, 307 RHS; Robert Bond, 917 LG; Michael Brooks, 917 LG; Gary Colvin, 307 RHS; Wesley Phillips, 93 BS.

To Senior Master Sergeant - Peter Foster, 93 BS; Meydon Lymberry, 917 LG.

To Chief Master Sergeant - Ronald Crook, 307 RHS.

917th Wing to undergo major reorganization

Story by TSgt. Diana L. Perusin
Wing Public Affairs

Under the direction of the Air Force Chief of Staff, Gen. John Jumper, all Air Force active duty, Reserve, and Air National Guard wings will adopt the "new standard wing structure to enhance war-fighting capabilities." "After careful deliberations with major command commanders, we reached the decision on a new wing organizational structure that will standardize operations across the Air Force and enhance our expeditionary capabilities," said Jumper.

"The reorganization will have an overall positive effect on the wing because the maintenance group commander will be better prepared to deal with maintenance career tracks and with the fleet," said Brig. Gen. Jack Ihle, 917th Wing commander. When asked about the time frame for the 917th Wing's reorganization, Ihle said, "We have until Sep 2003 to complete the transition; we will take our time and do it right."

Beginning October 1, 2002, wings will be organized into four groups: operations, maintenance, mission support and medical. Five major areas will be impacted by the reorganization:

- All aircraft maintenance specialists who are currently assigned to operations and logistics groups will be reassigned to form new maintenance groups.

- Supply and transportation squadrons will be combined to form logistics readiness squadrons.

- Contracting squadrons, aerial ports, and logistics readiness squadrons will transfer into existing support groups, which will be renamed mission support groups.

- Logistics plans functions will transfer to the new logistics readiness squadrons.

- The logistics readiness officer career field initiative combines supply, transportation, and logistics plans career fields.

Jumper said that the medical groups would continue to focus on maintaining a fit and ready force, with no major changes to their structure.

Some of the changes that will affect the



"Personnel from each of the FSMUs will continue to wear their current squadron patch, showing which operational squadron they support and generate," said Ihle.

917th Wing are:

- The 47th Fighter Squadron maintenance personnel will be reassigned to the Aircraft Maintenance Unit under the newly formed Aircraft Maintenance Squadron and will be called the 917 AMXS. "The 47th Squadron Commander will have the responsibility for only the operations portion of the organization as it exists now. He will concentrate his focus on tactical employment and training issues for the pilots, intelligence, life support, and operations management personnel," said Lt. Col. Ed Walker, 47th FS Commander.

- The 93rd BS FSMU will be reassigned to the Maintenance Group under the newly formed Aircraft Maintenance Squadron and will be called the 717 AMXS.

- The Civil Engineer Squadron,

Services Flight, Security Forces Squadron, Communication Flight, and Mission Support Squadron will be part of the new Mission Support Group. The Wing staff agencies will continue to be supported by the Mission Support Squadron.

- The 917th Maintenance Squadron will transfer engine management slots to the new maintenance operations flight and pick up the A-10 inspection section.

- The Maintenance Operations Center will move from the Command Post to the new maintenance group.

- The Logistics Support Squadron will change its name to the Maintenance Operations Flight. The supply, transportation and logistics plans functions will combine into a single squadron which will be designated the Logistics Readiness Squadron and fall under the new Mission Support Squadron; no physical relocation will take place.

- The Logistics Group will be redesignated the Maintenance Group. The Support Group will be redesignated the Mission Support Group.

"Personnel from each of the FSMUs will continue to wear their current squadron patch, showing which operational squadron they support and generate," said Ihle.

"I fully understand the magnitude of these changes," said Jumper. "The goal is to achieve a more capable Air Force with professionals who understand and are capable of meeting our ever-increasing, complex mission." Maj. Gen. John J. Batbie Jr., AFRC vice commander, noted that "Change is always difficult and disruptive, but our challenge at all levels of Air Force Reserve Command is to embrace the Air Force changes and do everything to make this a positive, fluid change."

The Wing Commander set September 30, 2003 as the target date to achieve full operational capability. (Information regarding the reorganization was taken from the AFRC News Service from Air Force Print News.)

Life in the desert...

Still a challenge

Commentary by deployed Chaplain (Capt.) Ralph Devaul
Wing Chaplains Office

As a deployed chaplain, many resources are not always adequate for addressing the deep spiritual needs of some of the airmen. In a way, I feel very much a part of a small town, where the wing commander is the mayor and I am one of the resident pastors. Here you will find many problems like that of a small town. Some of the problems of everyday living in the States are however, separate and distinct from what we have here.

My greatest burden on this deployment is helping with the family separation. As a reservist, we have many advantages over our active duty counterparts. For us, the separation is somewhat "temporary." Some of the active duty troops here have been here multiple times.

As a chaplain I sense the pain and see the devastation of frequent TDYs. Not a week goes by without talking with someone facing the devastation of divorce or legal separation.

If I had to state what was the greatest challenge facing the Air Force, and in particular the Chaplain Corps, it is building spiritually strong, healthy families and keeping them intact.

The chapel program has helped a number of people. And it is these stories of victory over isolation, depression and separation that make every day worthwhile. A letter from a fellow guard/reservist tells more than any of my words. These words speak volume to how the chapel program helped. Sgt Jane wrote:

During my time at Base XYZ, I attend church more regularly than I did at home. It's a way of not only listening to His word but also a time to gather in fellowship with others who were going through the same things or who genuinely cared and understood. It encourages me to lower my head in prayer and that made my days here so much easier. I have one particular friend whom I met at church (choir) that I know is a blessing from God and whom I cherish so much. There are some times when I feel so bad that I didn't want to go anywhere. My friend encourages me and tells me that I should always give my problems to God. So as you can see, the blessings not only come through prayer but also through the people God sends to watch over me while deployed. I believe the importance of church and fellowship while in the desert should not be overlooked. The chaplain is a blessing as well because being in church



COURTESY PHONE

An entry point to one of the bases located in a southwest Asia desert.

always feels just right. The church provides "soul food" for me and I am thankful for it.

From this letter, you can see the paradox of the deployment. The desert is both harsh and soft. The days begin early around 5 a.m. and end 12 hours later.

The days are harsh with intense heat, sometimes up to 130 degrees. The nights, however, are very different. We often experience a 40-degree temperature change from day to night. As you can see from the letter, the desert can also bring about a deeper spiritual life. The intense spiritual challenges of the daylight heat, find relief in the cool and comfort of the desert oasis, the chapel and its programs.



COURTESY PHOTO

Living quarters for those deployed to one Southwest Asia region.

SFS moves into new facility

Story by Staff Sgt. Sherri Savant
Wing Public Affairs

Cooler temperatures were in the forecast for the 917th Security Forces Squadron as they moved into their new facility, located next to the Wing headquarters building.

Tech. Sgt. Christopher Bowman, noncommissioned officer-in-charge of 917 SFS, described the new building as being temperature controlled, something the 917 SFS has done without in their present facility for nearly two years.

The temperature is only one of many improvements in the new building. "We now have a learning resource center where troops can go to complete their upgrade and computer-based training," said Bowman.

"Training is important in any organization," said Maj. Thaldaris Talley, 917 SFS commander. "It is very important to provide all the resources and training for our personnel."

The new facility also includes adequate office space for the three full-time air reserve technicians, Talley said. "Our ARTS will now operate more efficiently and provide service to our traditional reservists, the public and our Wing agencies."

Construction of the building began last fall. There were some construction delays, but with any major project, that was to be



PHOTO BY STAFF SGT. SHERRI SAVANT

The new 917th Security Forces Squadron facility provides the squadron with additional space for training in addition to a climate-controlled air conditioning.

expected, Talley said. "We have taken possession of our new facility, and that is most important."

"The impact of the new building on our morale is priceless," said Talley. "It gives us great pleasure to accept the new facility."

Transitional health care hinges on updating records

Demobilizing reservists who wish to receive transitional health care benefits need to update their records and obtain transitional medical care cards for their family members when they out-process.

Reservists called to active duty for more than 30 days to support a contingency operation are eligible for transitional health care benefits, which are based on the reservist's total active military service. Reservists who have less than six years service are eligible for 60 days of medical coverage under the TRICARE Transitional Health Care Demonstration Project, which provides the same level of transitional health care benefits to family members. Reservists with more than six years get 120 days of coverage for themselves and their families.

To ensure continued coverage, reservists need to update their Defense Enrollment Eligibility Reporting System records and receive the appropriate medical care cards for their families when they out-process through their military personnel flight's customer service office. The reservists and their family members may use their reserve ID cards to receive care in military medical treatment facilities because their eligibility will be reflected in DEERS, according to officials in the Headquarters Air Force Reserve

Command's Health Services.

People who were enrolled in TRICARE Prime during the active-duty period will automatically be disenrolled when they are released from active duty.

Therefore, AFRC officials urge demobilizing reservists to reenroll in TRICARE Prime as soon as possible before the 20th of the month to avoid a long break in medical coverage. If they are unable to reenroll before the 20th of the month, they should contact Defense Manpower Data Center to ensure no interruptions of coverage.

The DMDC Support Office takes toll-free calls at 1-800-538-9552 Monday through Friday from 8 a.m. to 8 p.m. EST. Its Web site is: <http://www.dmdc.osd.mil>

Families who were not enrolled in TRICARE Prime during the active-duty period are eligible to enroll upon demobilization.

People enrolling or reenrolling in TRICARE Prime must do so in the TRICARE region where they live. Information about offices in a region is available by dialing 1-800-363-2273 (DOD-CARE) Monday through Friday, 9 a.m. to 7 p.m., and Saturday, 11 a.m. to 4 p.m. EST, or by logging on the TRICARE Web site: <http://www.tricare.osd.mil>

No enrollment/reenrollment is needed for TRICARE Standard or Extra.

"If reservists are denied a medical claim because they have been improperly coded as ineligible in DEERS, they need to contact the Defense Manpower Data Center Support Office before resubmitting further healthcare claims," said Maj. Alexander Alex, associate administrator for AFRC Health Service Management. "They must provide DMDC with a copy of their active-duty orders and their Defense Department Form 214 (Certificate of Release or Discharge from Active Duty) to verify eligibility and recoding in DEERS. Once eligibility is established, healthcare claims may be resubmitted."

Reservists and their families are entitled to transitional dental care only on a space-available basis at military dental treatment facilities. This service may be limited, so command officials suggest looking into the TRICARE Dental Program, which is available to reservists and their family members if the reservist has at least a 12-month service commitment remaining.

United Concordia manages the dental program for the Department of Defense. People may enroll or obtain billing information by dialing 1-888-622-2256, or inquire about claims at 1-800-866-8499 Monday through Friday from 8 a.m. to 8 p.m. EST. United Concordia's Web site is: <http://www.ucci.com> (AFRC News Service)

Battling the bulge

Tipping the scale in your favor

Story and Photo by Tech. Sgt. Terrell W. Eikner
93rd Bomb Squadron UPAR



Bill Stinchcomb, 93 BS Pilot, keeps his legs in shape by performing barbell squats as part of his weekly exercise routine.

It's the question on everyone's mind with the upcoming fitness walk and weigh-in: What do I need to do to pass? Members of the Wing, with knowledge on the subject, share their thoughts and suggestions.

"Avoid the fad diets," said Tech. Sgt. Byron Hardy, 93rd Bomb Squadron instruments and flight control systems specialist and program manager at the Health and Wellness Center. "Stay away from diets that overly restrict certain classes of food—carbohydrates, proteins and fats."

"All food groups are there for your basic nutrition," said Airman 1st Class Jacob McDonald, 917th Medical Squadron flight nurse. "Too much or too little of one particular class of food is a bad thing."

"The key to eating properly is to eat more fruits and vegetables," said Hardy. "These foods make you feel full, make you want to eat less, and help reduce the cravings for candy bars and other junk foods." Hardy also suggested using the basic food pyramid as a guide to eating properly.

"People should also never cut meals," he said. "It may sound silly, but you have to eat to lose weight. People who exercise should eat three to five moderate-sized meals a day."

Diet and exercise are more effective together than apart, according to Tech. Sgt. John Kane, 93 BS electronic warfare systems

mechanic. "Dieting is a good thing. However, it doesn't work alone. You have to put some exercise in there."

"Good old-fashioned exercise coupled with proper nutrition is the best way to lose weight," Hardy said. "That is the bottom line. All the gadgets, pills, and advertisements for quick weight loss may work in the short-term with a large weight loss. However, it's extremely unhealthy and won't last."

People should exercise three to five times per week for 20 to 60 minutes, Hardy said, with each session being aerobic in nature.

"It's always better to add weight training if you want to lose weight quickly," he said. "Larger, more active muscles burn more calories at rest than those muscles that haven't been exercised. This is how your weight loss is increased."

"When people are exercising for the first time, they need to set attainable goals," Kane said. "Too many times people get discouraged and sore, because they do too much exercise too soon. Weight training needs to start light and increase over time. Physical changes don't occur overnight."

"Fitness should be viewed as a positive change in lifestyle," says Hardy. "People who are serious about health and fitness need to forget about the weigh-in, change their lifestyle, and incorporate exercise and proper nutrition into their lives."

The Basic Food Pyramid



Voices: What security dangers do you foresee for people who fail to practice proper computer security?



Tech. Sgt. Lenell Kirkham
93rd Bomb Squadron

"Someone could get on their machine and surf the web for pornography."



Capt. Andrea Anderson
917th Medical Squadron

"Someone's confidential medical records could be left open for a passer by to view, which would cause a breach of confidentiality."



Airman 1st Class Miranda Hendrix
917th Mission Support Squadron

"Anyone could walk in and pull up documents they are not supposed to see, like which units are about to deploy, for example."



Master Sgt. Don Arceneaux
917th Logistics Group

"They could go into your computer and get into something they shouldn't. Practicing computer security is all part of personal accountability."

Lock it when you leave it

Make it a point to practice proper computer security

Story by Staff Sgt. Sherri Savant
Wing Public Affairs

Walking away from your computer and failing to lock it is like driving down the road with your kids in the backseat and the car doors wide open.

Leaving your workstation exposed to the what-ifs is unnecessary and can be easily avoided with four strokes to the keyboard: control, alt, delete, and lock computer. "So, why is this so important?" Airman "X" asks. "Who would have the nerve to sit down at my workstation and search on the internet for pornography?" You'd be surprised.

"When someone surfs for pornography on your computer under your log in, the base looks at the user name that is logged on," said Master Sgt. Rob Ahbol, 917th Mission Support Group work group manager.

When such an event takes place, you and the person "snooping" on your computer are both held liable, Ahbol said. You are held liable for not practicing proper computer security procedures, while the other party is held liable for using government computers inappropriately.

"Some users think that 'their' computer belongs to them," said Adam Rolli, 917th Wing functional system administrator. "It is a government computer system and not for personal use."

"We have had cases where users changed or deleted files on a person's computer to pay that person back or play tricks," Rolli said. "They edited the other person's favorites and modified the

actual uniform resource locator to bring up a porn site instead of say Air Force Pubs."

Surfing terrorist web sites is another area being looked at very closely, according to Ahbol. "The Air Force Office of Special Investigations is watching, and will interrogate you. Such actions are also tracked through your log in."

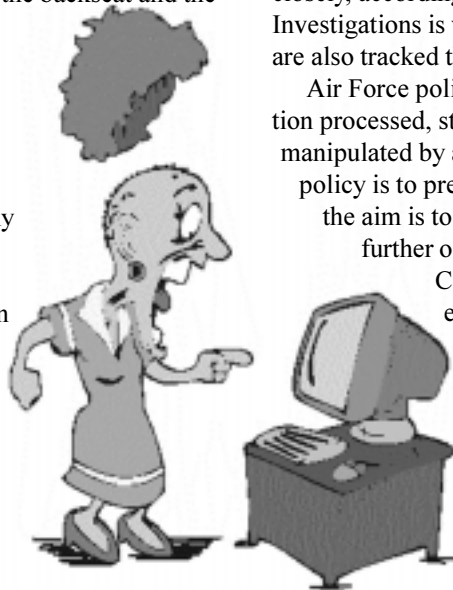
Air Force policy requires effective protection for all information processed, stored, transferred into or out of, or otherwise manipulated by any computer system. The objective of this policy is to prevent security violations. If violations do occur, the aim is to minimize the resultant damage and prevent further occurrences.

COMPSEC is accomplished by requiring everyone to have a password when accessing a computer. It involves keeping unwanted personnel out of the system and gaining access to material. The greatest threat to computer security is often not from outside your organization, but from within it.

You, a responsible government computer user, can implement several practices to reduce the likelihood of a "snooper" lurking around your workstation. These practices

include: changing your password on a regular basis; never writing your password down on anything; remaining aware of the personnel coming in or going out of your office at all times; and most importantly, locking your computer when leaving your work area.

Make these seemingly effortless steps a habit in your day-to-day work practices. They may save you much pain in the future.



917th Wing Training Schedule

October 5-6, 2002

Time	Event	Location
Saturday		
0630-0700	Sign-in	Assigned unit
0700	Wing staff meeting	Bldg. 6803, Rm. 105
0700	Intro -- all newcomers	Bldg. 6803, Rm. 227
0700	Physical exam (flyers)	Base hospital
0730	Physical exam (non-flyers)	Base hospital
0730-1000	Body fat measurement	Family practice
0730-1430	Eye-glass inserts	Bldg. 4845 (by hospital)
0745	Firearms training	Firing range
0800 & 1300	Initial Warfare (appointment only)	Bldg. 4713, Rm. 329
0800 & 1300	Chem Warfare Refresher	Hangar 7
0900	Anti-terrorism training	Bldg. 6803, Rm. 227
0900-1400	Immunizations	Base hospital, 1st floor
0930 & 1030	Family readiness briefing	Bldg. 4713, Rm. 17
1000	Unit deployment managers	Bldg. 6803, Rm. 227
1000	First sergeants' meeting	Bldg. 6803, Rm. 105
1300	Flightline drivers training	Bldg. 6825, Rm. 243
1400	Fitness walk	A-10 hangar/flightline
1550-1615	Sign-out 1550--CES, MSS, WG 1600-LG	1610--MXS

Sunday		
0630-0700	Sign in	Assigned Unit
0730	Information Management Training	Bldg. 4238, STARBASE
0730	Human Relations	Bldg. 6803, Rm. 227
0745	Firearms training	Firing range
0800	UCI meeting	Bldg. 6803, Rm. 105
0800-1000	Dental Class 3 profile reviews	Base dental clinic
0800-1300	Eye-glass inserts	Bldg. 4845 (by hospital)
0800	Initial Warfare (appointment only)	Bldg. 4713, Rm. 329
0800	Career advisor training	Bldg. 6815, T-Net
0800	Chem. Warfare Refresher	Hangar 7
0830	Substance Abuse	Bldg. 6803, Rm. 227
0900	Catholic Mass	Base Chapel 2
0900	Unit advisory council	Bldg. 6803, Rm. 105
0945	EO First Duty Station Part 1	Bldg. 4714, 3rd Floor
1000	Wing Christmas Party mtg.	Bldg. 6803, Rm. 105
1000-1030	Protestant services	Bldg. 6803, Rm. 227
1030	Family readiness briefing	Bldg. 4713, Rm. 17
1230	EOC testing	Bldg. 4314, 3rd floor
1300	Retirement Maj. Steve Powell	Bldg. 6803, Rm. 227
1300	EO First Duty Station Part 2	Bldg. 4714, 3rd Floor
1300	Support Group SITS meeting	Bldg. 6803, Rm. 105
1400	Homosexual Policy Briefing	Bldg. 6803, Rm. 227
1430	SORTS meeting	Bldg. 6803, Rm. 105
1515	47FS commander's call	47 FS auditorium
1550-1615	Sign-out 1550--CES, MSS, WG 1600-LG	1610--MXS

Know anyone who is looking for a recruiter?

Barksdale AFB, La.

Master Sgt. Joe Menna
Master Sgt. Don Copeland
Tech. Sgt. Gary Johnson
1-800-241-4071

Monroe, La.

318-323-1898

Texarkana, Texas

Staff Sgt. Matt Lucas
903-223-7030

Shreveport, La.

Master Sgt. Ellen Shaheed
318-683-0331

Little Rock AFB, Ark.

Tech. Sgt. TeNeuss Land
501-987-7188

Mesquite/Tyler, Texas

Tech. Sgt. Clark Fitzpatrick
972-681-6384/903-534-8618

Interesting in becoming a recruiter, call 917th Wing Recruiting at 456-9751.

SERVICES

Military Personnel Flight

Bldg. 6803, Room 140, ext. 9205

Saturday

7 - 11 a.m. - Newcomers in-processing.

11 a.m. - 4 p.m. - All customer service functions (open during lunch)

Sunday

7 - 8 a.m. - Closed for training.

8 a.m. - 2 p.m. - All customer service functions (open during lunch)

2:30 - 4 p.m. - Closed for training.

Monday - Friday

7 a.m. - 4 p.m. All services

NOTE: Customer Service functions include in & out processing, ID cards, DEERS, DD93s, SGLI, Vehicle Decals, Record Reviews, etc.

Base Billeting

Bldg. 5155, 456-3091/3092

Open 24 hours a day, seven days a week (reservations required).

Chaplain

Bldg. 6803, Room 239, 456-9179

Friday - Sunday - 7 a.m. - 4 p.m.

Chaplain DeVaul (318) 208-8362

Chaplain Willis (318) 208-8360

Red River Dining Hall

Bldg. 4631

Breakfast - 5:30 - 6:30 a.m.

Lunch MS - 11 - 1 47FS - 11:45

WG - 11 MSS - 11:45 93 BS - 11:15

CES - noon SFS - 12:15

NOTE: You must show ID card, newcomer's letter or DD form 1172.

Family Readiness

Bldg. 4713

Saturday & Sunday - 8 - 11 a.m.

Military drivers license

Military drivers license issue is available on the main UTA in Bldg. 6825, Rm. 240. Issue hours: Saturday & Sunday, noon - 2 p.m.

Lodging

For information on official or space "A" lodging call 1-888-AF-LODGE. Once the automated system answers, key in the first three letters of the base you are trying to reach.

Military Pay

Main UTA Schedule

Sat. 7 a.m. - 4 p.m., Sun. 1 p.m. - 4:00 p.m.

Gov. Credit Card Service

Bldg. 6803, Room 203, 456-9546

Mon.-Fri. 6 a.m. - 2:30 p.m.

Main UTA - 7 a.m. - 4 p.m. (Saturday only)

Military clothing issue

Wednesday 10 - 11:30 a.m.

Main UTA Saturday 10 a.m. - noon and 1 - 3 p.m.



PHOTOS BY MASTER SGT. JESSICA D'AURIZIO

Senior Airman Joshua Johnson, 917th Maintenance Squadron completes leave paperwork with the help of Megan Lake after his return from the Indian Ocean supporting Operation Enduring Freedom on Sept 2.



Staff Sgt. Bryant Joplin, 93rd Bomb Squadron entertains his daughter Megan upon his return from the operating area in September 2002.



Left bottom: Capt. John Snowman, 917th Logistics Support Group commander and Master Sgt. Wade Shaw, 917th Logistics Group, talk to Col. George Pierce, 917th Logistics Group commander after they disembark an aircraft from a forward operating area, in September 2002.

Home again: 93rd Bomb Squadron returns after supporting Operation Enduring Freedom

UTA Schedule

Main

Oct. 5-6
Nov. 2-3
Dec. 7-8
Jan. 4-5, 2003
Feb. 1-2
March 1-2
April 5-6
May 17-18
June 7-8
July 12-13
Aug. 2-3
Sept. 6-7
Oct. 4-5

Alternate

Oct. 19-20
Nov. 16-17
No alternate
Jan. 11-12, 2003
Feb. 8-9
March 15-16
April 12-13
May 3-4
June 21-22
July 19-20
Aug. 16-17
Sept. 13-14
Oct. 18-19

917th Wing
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